

# WARRIOR LEADER

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Operation Warrior Forge

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## WARRIOR FORGE BEGINS!



### INSIDE:

Forge Overview

Beating Heat

Staying Fit – All the Time

Equipping Cadets

Cadets from the 2nd Regiment crank out the miles during their first physical trial at Warrior Forge – the Army Physical Fitness Test.

U.S. Army Photo by Al Zdarsky





# True Army team supports training of America's future lieutenants

By Steven Corbett

Warrior Forge Commander

Welcome to Warrior Forge 2005! This is the single most important event in a cadets' military training and the nexus of all campus-based training. We have gathered cadre and support staff from across the nation to make this experience challenging and rewarding for every cadet.

There are several changes this summer from WF 2004. We've added new training events, significantly modified others, and



Corbett

increased the amount of time that cadets will spend in the lovely woods of Fort Lewis.

We are very fortunate this year to be assisted by the great soldiers of America's first Stryker Brigade – the 3rd Brigade, 2nd Infantry Division – and the fine support troops of the 593rd Corps Support Group. Both of these outfits have served in Iraq in the past year and they bring enormous expertise and experience forged in the crucible of combat. We

are very fortunate to have them on our team.

Additionally, our partners in the Army Reserve and Army National Guard will help on key training committees such as First Aid, Individual Tactical Training and weapons training.

The composite force that makes up Warrior Forge is diverse, expert and focused upon our mission – training ROTC cadets to become lieutenants in America's Army.

The young men and women who have traveled from across our Nation to attend Warrior Forge bring with them youth, energy and the will to win. It is one of the greatest honors of my Army career to serve as the Warrior Forge Commander, and I promise that each of you will be challenged and will grow both as people and as Army cadets.

The awesome responsibility of leading America's sons and daughters is not one that is earned easily. I know that you are all up to the challenge and I wish you the very best of luck.

## To fly like an eagle: The Parable of the Warrior Forge cadet

By Chaplain (Col.) Thomas Joseph

Warrior Forge Chaplain

*Listen to a parable currently circulating around the chicken coop:*

While walking through the forest one day, a man found a young eagle who had fallen out of his nest. He took it home and put it in his barnyard where it soon learned to eat and behave like the chickens.

One day a naturalist passed by the farm and asked why it was that the king of all birds should be confined to live in the barnyard with the chickens. The farmer replied that since he had given it chicken feed and trained it to be a chicken, it had never learned to fly. Since it now behaved as the chickens, it was no longer an eagle.

"Still it has the heart of an eagle," replied the naturalist, "and can surely be taught to fly." He lifted the eagle toward the sky and said, "You belong to the sky and not to the earth. Stretch forth your wings and fly."

The eagle, however, was confused. He did not know who he was, and seeing the chickens eating their food, he jumped down to be with them again.

The naturalist took the bird to the roof of the house and urged him again, saying, "You are an eagle. Stretch forth your wings and fly."

But the eagle was afraid of his unknown self and world and jumped down once more for the chicken food. Finally the naturalist took the eagle out of the barnyard to a

high mountain. There he held the king of the birds high above him and encouraged him again, saying, "You are an eagle. You belong to the sky. Stretch forth your wings and fly."

The eagle looked around, back towards the barnyard and up to the sky. Then the naturalist lifted him straight towards the sun and it happened that the eagle began to tremble. Slowly he stretched his wings, and with a triumphant cry, soared away into the heavens.

It may be that the eagle still remembers the chickens with nostalgia. It may even be that he occasionally revisits the barnyard. But as far as anyone knows, he has never returned to lead the life of a chicken.

Cadets, when you arrived at the Warrior Forge you were apprehensive about the training. Many of you may have even thought of going back because the training will be hard and demanding.

But think of yourself like the eagle raised in the chicken coop. Your cadre want to give you the training you need to soar like the Eagle in the story when given a chance. That is why you are here.

Every regiment has a chaplain assigned to it. They are available to help you overcome fear, homesickness, stress – and to motivate you to do the very best. Talk to your chaplain. He will listen to you, advise you and even pray with you.

The chaplain staff and I wish you all success at Warrior Forge

*The chicken coop parable is from Theology News and Notes, Oct. 1976*

The Warrior Forge Chaplain Staff is located in Bldg TD1147 (the one with the steeple on it) adjacent to Bldg. 11D39. Chaplains are available for Warrior Forge staff, cadets and cadre. For more information, call 967-1168.

**Catholic mass:** Monday-Friday, 6 a.m.; Saturday, 5 p.m.; Sunday, 6 p.m.

**Confession:** Sunday, 5 p.m.

**Protestant Services:**

Sunday and Wednesday, 7:30 p.m.

**Jewish Chapel Service:**

Friday, 7 p.m. at Bldg. 2270



Col. Steven R. Corbett

Commander

Western Region, U.S Army Cadet Command

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# More than an Army

***Vast array of capabilities, interests, experiences equal more than the sum of the individual parts***

By Jeremy O'Bryan  
Warrior Leader Editor

**K**elly Brown runs 1,500 meters in four minutes, thirty-four seconds. That's pretty good blast. Patrick Halloran was recognized by the Massachusetts Transit Police for his running ability. His recent foot race ended abruptly when he tackled a fleeing criminal.

Everyone has a story – some more compelling than others. Knowing more about those around you can enliven and enrich your experience – not just your Warrior Forge experience, but your Army service too, and even life itself. And besides, the big picture isn't complete without everyone's contribution.

Every year at Warrior Forge, the public affairs office asks cadets to fill out a Cadet Profile. *Yes, another form. What do we think this is, the Army?*

These profiles, among other things, provide me the privilege of learning about the cadets here. From this stack of 4,000-plus forms, we identify select cadets and write feature stories about them. Making the final list is hard, because everyone has a cool story.

I've just finished going over the 3rd Regiment's profiles. You are exemplary people, yet really no different from the rest of this camp's 4,000 attendees.

You've been to Scotland, Denmark, Switzerland, Russia, France, Australia, Ireland, Greece, South Korea, Egypt, and Costa Rica. One of you can boast having traveled to a total of 20 different countries. Another worked in the American Embassy in Madrid. Others have been to Afghanistan and Iraq while on active duty. One guy was born in Moscow. *Yes, the Moscow.*

Some of you would be good to have along if I was, say, lost in a foreign country. You're fluent in Chinese, Spanish, German, Russian and other languages – some of you are even fluent in sign language.

Some of you have a 4.0 GPA, a grand accomplishment to be sure. Lynn Janes maintained a 3.98 at Campbell University. She's assigned to the 78th Infantry Division at Fort Bragg. And interned at the White House in 2002. And ran a household while her husband was deployed to the Middle East for 18 months.

Did you just twist an ankle? Are you choking? Among you are one paramedic and one emergency medical technician (the EMT saved his roommate's life sophomore year.)

Nervous and need someone to go first? Pick Jerome Reitano. He has jumped more than 600 times out of a perfectly good airplane. In 2004 he was the National Collegiate Skydiving Champion for something called the "free-fly." I don't even want to know what that means.

Cheerleaders seem to be more prevalent at the Forge this year. We have at least one male cheerleader who was also his school's mascot. Another cheerleader, a female, was the captain of her school's squad.

Although most of you haven't been in combat and are perhaps nervous about it, don't fear. You have some brave souls among you to lead by example.

Two of you have climbed Mount Rainier. Erika Porter keeps bees. Adam Stomm, from Staten Island, N.Y., is with the 101st Cavalry. He's a former combat journalist whose National Guard unit received the Presidential Unit Citation for its actions during the aftermath of 9/11.

Maybe the bravest of all: Michael Silverman comes to us from the *Air Force ROTC* program.

You cadets are also smart and talented.

Some are published writers – one is even the editor-in-chief his university's political magazine. One of you was home-schooled from kindergarten to 12th grade, then made the dean's list every semester; she's probably one of very few 19-year-olds attending Warrior Forge.

Others dance, design, sing and play instruments like the trumpet, the trombone, the flute. Peter Sherman sings opera. And if you ask John Leever he'll tell you he's "a damn good drummer."

Many of you dedicate personal time to make the world around you a better place.

Joseph Confiori spent a couple weeks in the Appalachians building houses for low-income families; and Erin Lieto started a letter-writing campaign for refugees in Sudan.

So take a look around. Ask your fellow cadets what they're up to. You never know who you're serving with, and that's an important part of the big picture.



## Cadet regiments represented by active-duty Army units

The U.S. Army Cadet Command established the Regimental Affiliation Program in 1985 to foster unit cohesion, camaraderie, esprit de corps and the pride of belonging among the diverse groups of cadets from across the Nation attending Warrior Forge. The program's goal is to bind cadets and cadre together in a close-knit, dynamic organizational relationship, imparting a sense of teamwork crucial to success at Warrior Forge.

1	<b>1st Regiment</b> Affiliation: 37th Field Artillery Nickname: STRIKER Motto: "On the Minute"
2	<b>2nd Regiment</b> Affiliation: 2nd Armored Cavalry Regiment Nickname: DRAGOONS Motto: "Toujours Pret"
3	<b>3rd Regiment</b> Affiliation: 3rd Armored Cavalry Regiment Nickname: BRAVE RIFLES Motto: "Brave Rifles! Veterans!"
4	<b>4th Regiment</b> Affiliation: 20th Infantry Regiment Nickname: SYKE'S REGULARS Motto: "Tant Que Je Puis"
5	<b>5th Regiment</b> Affiliation: 5th Infantry Regiment Nickname: BOBCATS Motto: "I'll Try, Sir"
6	<b>6th Regiment</b> Affiliation: 6th Infantry Regiment Nickname: THE REGULARS Motto: "Unity is Strength"
7	<b>7th Regiment</b> Affiliation: 7th Armored Cavalry Regiment Nickname: GARRYOWEN Motto: "The Seventh First"
8	<b>8th Regiment</b> Affiliation: 8th Field Artillery Nickname: AUTOMATIC Motto: "Audacieux et Tenace"
9	<b>9th Regiment</b> Affiliation: 9th Infantry Regiment Nickname: MANCHU Motto: "Keep Up the Fire"
10	<b>10th Regiment</b> Affiliation: 23rd Infantry Regiment Nickname: TOMAHAWKS Motto: "We Serve"
11	<b>11th Regiment</b> Affiliation: 11th Armored Cavalry Regiment Nickname: BLACKHORSE Motto: "Allons"
12	<b>12th Regiment</b> Affiliation: 33rd Armored Regiment Nickname: MEN OF WAR Motto: "Men of War"
13	<b>13th Regiment</b> Affiliation: 32nd Armored Regiment Nickname: RED LIONS Motto: "Victory or Death"
OCS 1	<b>OCS Regiment 1</b> Affiliation: 116th Armored Cavalry Regiment Nickname: SNAKE RIVER Motto: "Sine Mora"
OCS 2	<b>OCS Regiment 2</b> Affiliation: 113th Armored Regiment Nickname: RED HORSE Motto: "We Maintain"





**T**he mission of the Leadership Development Assessment Course is to train cadets and National Guard officer candidates to Army standards and to develop leadership and evaluate officer potential. This is accomplished through a tiered training structure using light infantry tactics as the instructional medium. Stress is an inherent part of all cadet and officer candidate training. There will be no profanity or physical abuse, but cadets will know they are in a highly-disciplined environment.

The training program is sequential and progressive. It starts with individual training and leads to collective training, building from simple tasks to complex tasks. This building-



block approach permits integration of previously-learned skills into follow-on training, thus reinforcing learning and promoting retention. This logical, common-sense training sequence is maintained for each training cycle through use of the tiered training structure. The only aspect of training that is not sequential and progressive is the branch orientation.

#### Confidence Training

(Includes the Combat Water Survival Test (CWST), rappel training, one-rope bridge training,

the Slide-For-Life, Log-Walk/Rope-Drop and a Confidence/Obstacle course.) Confidence Training is designed to challenge the cadets' physical courage, build confidence in personal abilities and assist in overcoming fear. The CWST consists of a 15-meter swim carrying an M-16 and wearing BDUs and Load Bearing Equipment, a 3-meter drop into water with weapon and LBE while blindfolded and equipment removal: enter water and discard weapon and LBE. At the rappelling and rope bridging sites, cadets learn to inspect ropes and tie anchor knots; each cadet executes one 17-foot rappel and several 37-foot rappels. Cadets receive an explanation and demonstration on crossing techniques of a one- and three-rope bridge at river locations. Cadets execute dry river crossings using a one-rope bridge and demonstrate confidence in their ability to overcome fear of heights by executing the Confidence/Obstacle Course, Log Walk/Rope Drop and Slide For Life.

#### Field Leader Reaction Course

FLRC is designed to develop and evaluate leadership and to build teamwork early in the camp cycle. Course administration is accomplished using the established cadet organization and chain of command. Cadet leadership potential is assessed by committee evaluators. Cadets are provided the opportunity to get early



## More than 8,000 converge on Fort Lewis FORGING WARRIORS

By Bob Rosenburgh

Warrior Forge Public Affairs Officer

FORT LEWIS, Wash. – The population of Fort Lewis will grow by more than 8,000 personnel this summer as Army ROTC cadets, Army Reserve and National Guard soldiers and ROTC college staff members arrive to participate in Operation Warrior Forge, also referred to as Leader Development and Assessment Course, or LDAC.

Every year Warrior Forge helps the U.S. Army Cadet Command provide more than two-thirds of the Army's new officers, invigorates the local economy both on post and off and provides added training for active-duty Army and Reserve units.

More than 4,500 cadets from all 50 states and two U.S. territories – and about 380 Army National Guard officer candidates are scheduled for the training, organized into 13 ROTC regiments and two OCS regiments.

Another 1,500 Fort Lewis soldiers and civilians will support the event, which began June 1 and runs through Aug. 19.

LDAC training is a series of progressive exercises and evaluation procedures that challenge each cadet individually and each platoon and regiment as a group. Designed to develop leadership, teamwork and military skills and knowledge, LDAC is based on 23 leadership dimensions developed by Cadet Command. Among them are the seven core Army Values outlined in 1998 by the Army.

feedback on their leadership strengths, weaknesses, styles and techniques.

#### Basic Rifle Marksmanship

Future Army leaders must know the characteristics of the basic Army rifle, how to fire it accurately and how to employ it in combat. Rifle marksmanship training teaches cadets to engage and hit targets on the battlefield in day, night and NBC conditions. Cadets are required to fire for record. A score of 23 hits out of 40 possible qualifies the shooter.

#### Land Navigation

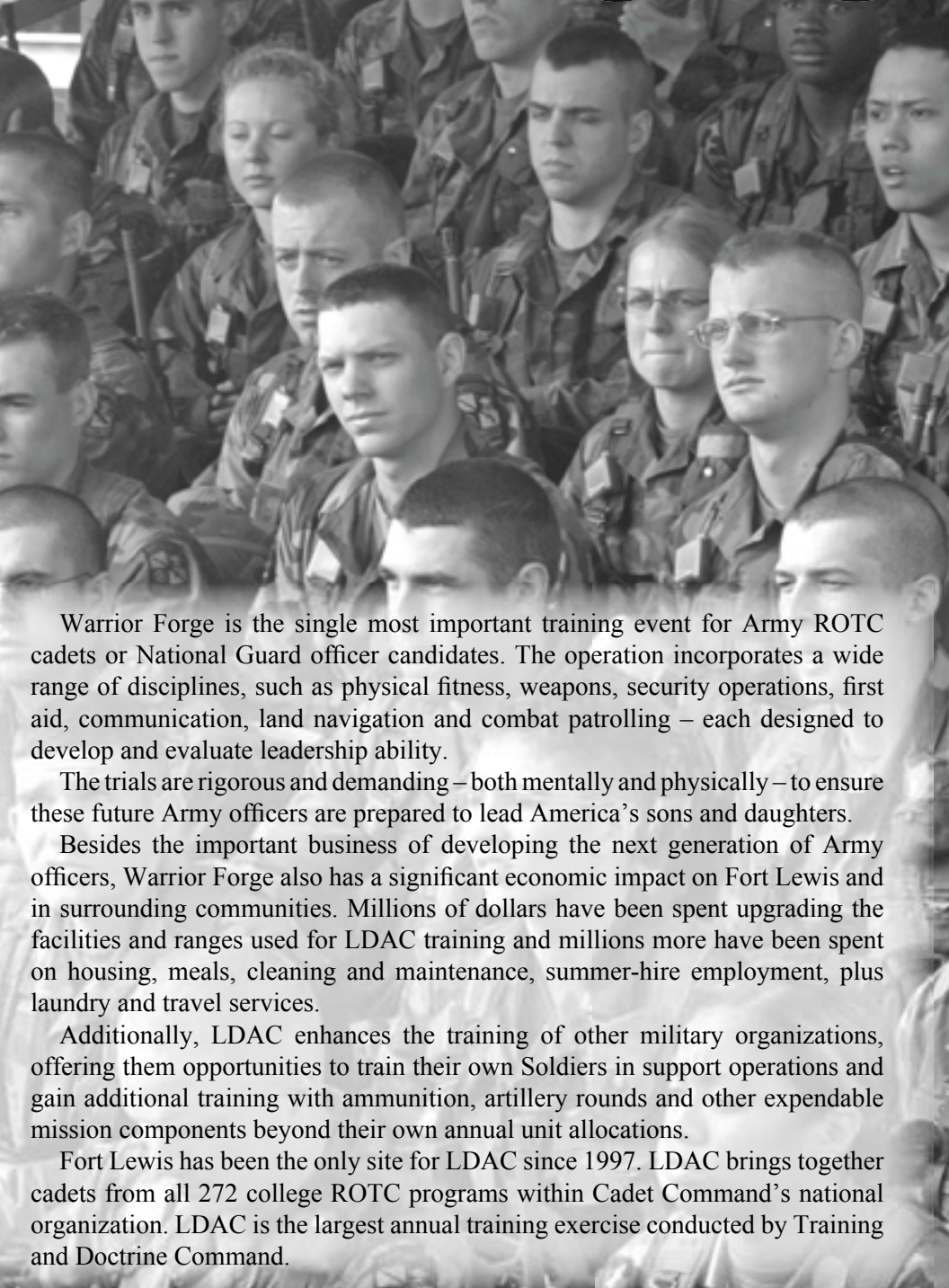
Land navigation training must be mastered early in the camp cycle for







# Fort Lewis as Army ROTC begins WARRIORS



Warrior Forge is the single most important training event for Army ROTC cadets or National Guard officer candidates. The operation incorporates a wide range of disciplines, such as physical fitness, weapons, security operations, first aid, communication, land navigation and combat patrolling – each designed to develop and evaluate leadership ability.

The trials are rigorous and demanding – both mentally and physically – to ensure these future Army officers are prepared to lead America's sons and daughters.

Besides the important business of developing the next generation of Army officers, Warrior Forge also has a significant economic impact on Fort Lewis and in surrounding communities. Millions of dollars have been spent upgrading the facilities and ranges used for LDAC training and millions more have been spent on housing, meals, cleaning and maintenance, summer-hire employment, plus laundry and travel services.

Additionally, LDAC enhances the training of other military organizations, offering them opportunities to train their own Soldiers in support operations and gain additional training with ammunition, artillery rounds and other expendable mission components beyond their own annual unit allocations.

Fort Lewis has been the only site for LDAC since 1997. LDAC brings together cadets from all 272 college ROTC programs within Cadet Command's national organization. LDAC is the largest annual training exercise conducted by Training and Doctrine Command.



the cadets to be fully successful in the tactical training which follows. The land navigation evaluation consists of three events totaling 100 points. The written examination is worth 20 percent. The day land navigation test is worth 50 percent. Night land navigation is worth 30 percent. Each cadet must earn 70 percent on each test to pass this event. A passing score in land navigation is a camp-completion criterion.

## Security Operations

Trains cadets in the fundamentals of occupying a tactical assembly area and emplacement of crew-served weapons such as the M-249, M2, M240, and MK-19.



## Hand Grenade

Basic understanding and use of hand grenades is an important facet of weapons and tactical training. Cadets learn to identify major types of grenades, learn the grenades' characteristics, and actually get to employ live grenades.

## Fire Support

Fire Support teaches cadets the importance and lethality of artillery fire on the battlefield and employment of indirect fires. It also gives them the opportunity to perform the duties of Howitzer crewmen.

## First Aid

Cadets develop confidence in their ability to react properly to battlefield wounds and the threats of chemical weapons attacks. Through hands-on training and evaluation, cadets learn critical first aid skills and fundamental tasks of donning and maintaining a chemical protective mask.

event. The first day, the squad training phase, is designed to train squad battle drills and collective tasks. The last four days, the Squad STX lane phase, are designed to evaluate leadership using tactical scenarios. Each cadet receives two formal evaluations of her/his performance as a squad leader during this phase. Squad operations



## Individual Tactical Training

ITT is the first block of instruction in tactics at LDAC. It covers individual battlefield skills, combat movement techniques and procedures necessary for subsequent tactical training at the squad and platoon levels. Tactical training is a vehicle to teach and evaluate leadership. It introduces conditions of stress that parallel those found in combat. Tactical training introduces new skills, provides performance-oriented reinforcement opportunities and increases the degree of difficulty and sophistication of training events. This building-block approach provides the best opportunity for cadets to learn and for cadre to assess leadership potential.

## Squad Situational Training Exercise

Squad STX is a five-day, two-phase

build on and reinforce all previous instruction. Cadets use knowledge of land navigation, terrain analysis, weapons systems and all individual training previously presented.

## Patrolling Situational Training Exercise

Patrolling STX is a three-day event that provides cadets practical experience in leading soldiers at the section level in a challenging, realistic and fluid environment. Cadets are formally evaluated during the exercise and developmental feedback is provided to all levels of leadership. Patrolling STX builds on and reinforces all previous instruction received during the course, and incorporates the basics of air assault operations by conducting an actual air insertion. The event ends with a 10K foot march and is the capstone exercise for the cadets' experience at LDAC.





## Uniform standards emphasize training, professionalism

By 2nd Lt. Melinda Walden

Warrior Forge Public Affairs

Warrior Forge brings many faces of the Army together and with each face comes a uniform of one kind or another. The uniforms found at the Forge belong to active-duty, National Guard, and Reserve Soldiers, cadets and cadre, even civilian employees.

No matter the attire, each comes with a set of regulations or guidance. Knowing these standards ensures people can maintain professionalism, emphasize training and work safely, officials said.

All military personnel are required to comply with the standards set in Army Regulation 670-1, "Wear and appearance of Army uniform and insignia."

All soldiers will keep a neat, well-groomed appearance that shows a sense of pride and esprit de corps. The uniform will fit properly, be pressed as necessary, and comply with insignia guidelines. Hair, nails, and wear of jewelry is also outlined in AR 670-1.

Cadet uniform guidance is published in WF Standard Operating Procedures and Cadet Command Circular 145-05. Cadets are allowed to bring one uniform to camp that includes school, combat and achievement badges, which will only be worn for accessions photos. All other uniforms will have only the U.S. Army tape, name tape and Leadership Excellence patch.

According to Sgt. Maj. James Forest, Commandant of Cadets sergeant major, the uniforms are free of other patches and insignia to "level the playing field." He claimed that if all the cadets looked the same, then they could be assessed the same. And conforming with military uniform and civilian clothing regulations not only shows pride in oneself and one's unit, but also models leadership to cadets who will soon enforce standards among their Soldiers.

Cadets are also required to use the laundry service provided by contractors to ensure their uniforms are clean and reflect the pride in what they are doing at the Forge. Cadets not in the proper uniform are regulated by the cadre, and adjusted accordingly.

Civilian employees also have a standard of dress required by the Army, said Earl Kolb, civilian personnel manager for Western Region. Clothing should present a professional appearance. The field-like nature of parts of Warrior Forge requires some employees to use common sense.

"Clothing for civilians should be suited to the environment you're working in," Kolb said. "Some of the buildings and furniture (used for Warrior Forge) are older and so there's the possibility for clothes getting damaged."

Additionally, some other situations make the right clothing choice critical. For instance, the open stairwells leading to some second-floor offices may preclude women from wearing skirts, and durable clothing may be required for someone working on a training committee in the field or in supply warehouses.

Standard no-nos for Army employees include clothing printed with profanity, the popular-style of shirts or shorts that are revealing.

Common sense is the essence of civilian regulation. Employees and their supervisors must their best judgment when choosing attire.

## CIF creates the complete Soldier

By 2nd Lt. John Landry

Warrior Forge Public Affairs

Row upon row of dark green gear seems to suck up all the light in this aging nondescript warehouse. Items within are carefully sorted out and lined up. It's very neat and tidy, like a meticulous outdoorsman's toy box.

Second Lt. Andrew Kochli, officer-in-charge of the Central Issue Facility, and about 25 others will issue cadets all the gear necessary for engaging in Warrior Forge – sleeping bag, rucksack, Kevlar helmet, wet weather gear, LBE – all the stuff that makes a ready Soldier. It's stuff that's crucial to a Soldier's mission. Makes his job and life in the field easier.

"This is lifesaving equipment," said Staff Sgt. Michael Martinez, a supply sergeant at Texas State University now supporting Warrior Forge.

"For instance, if your ammo pouch isn't 100 percent serviceable and it won't stay closed and you gotta grab for ammo ...

"If the Army didn't think it was important they wouldn't issue it to you," Martinez explained.

On Day 3 each regiment lines up and proceeds station by station through the CIF to get loaded up with their TA-50 and other assorted items. By mid-July more than 4,000 sets of gear will be handed out.



U.S. Army Photo by Al Zdarsky

"It's busy now that more regiments are on the ground," Kochli said. "I have great people working with me and I'm learning more about logistics from them all the time."

Once cadets are through the line at the CIF they wobble out of the facility with as much as they can handle. And the anticipation of what they'll be doing with all this great new gear begins to set in.

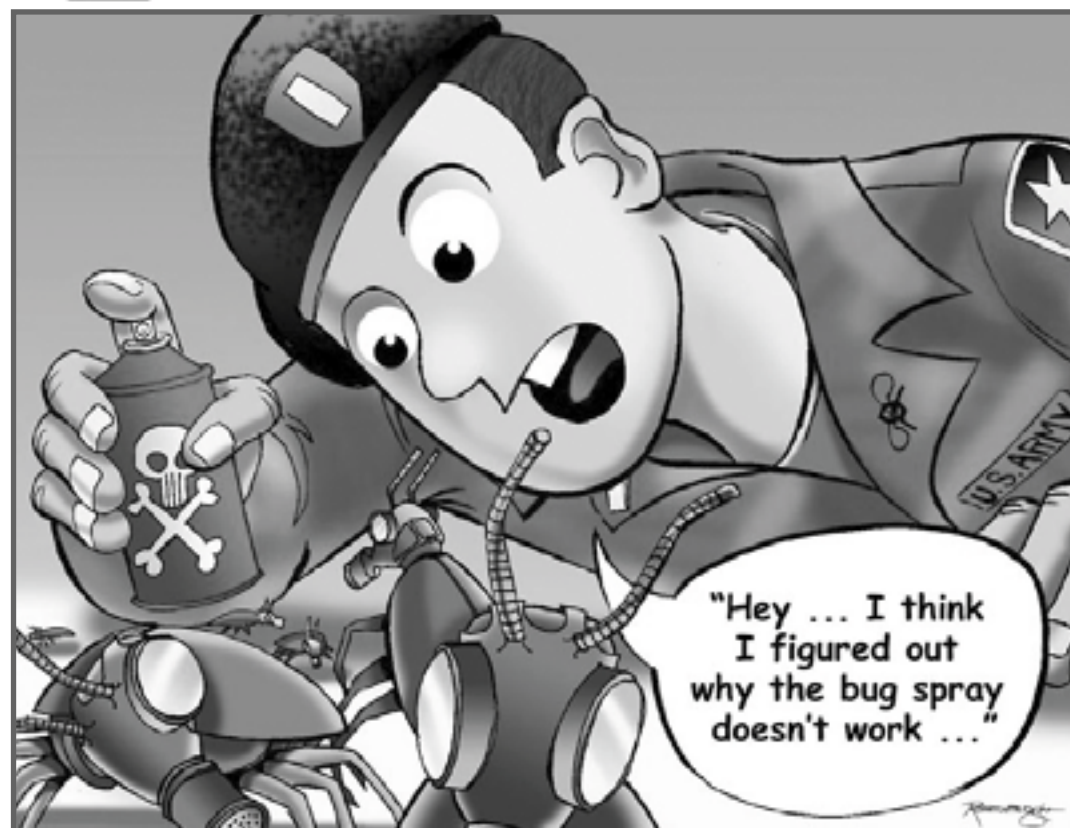
After 33 days of training the gear will go back into storage for next year, so more cadets can use it. This makes care of the equipment an important factor. Here's a quote from the Soldier's Creed:

*"I will always maintain my arms, my equipment and myself."*

Equipment that's not well-maintained will lead to the failure of the mission. Proper care of these issued items isn't just a good idea or a nice thing to do. It's crucial to maintaining a ready Soldier.

## 2nd Louie

By Bob Rosenburgh







# "This heat's a killer!"



U.S. Army Photo by Al Zdarsky

## Hydrate! Summer heat, brisk activity to come

By Jeremy O'Bryan  
Warrior Leader Editor

Exposure to heat can make people seriously ill. That heat may take the form of a hot, sunny day spent hanging out on the beach. Or a day that seems not-so-hot spent under a full rucksack for several kilometers.

Unchecked heat-related illnesses may become a serious problem in a short period of time and can even cause death. At Warrior Forge, where cadets and cadre are humping over land in full uniforms carrying combat-loaded rucksacks, heat-related injuries can take hold before you can prevent them.

Cadets, regimental staff and committee members all share the responsibility of protecting the force from heat stress.

"All the cadets have been assigned Battle Buddies, and they should be keeping an eye on each other, looking out for the signs and symptoms of heat stress," said Lt. Col. Joe McCluskey, Warrior Forge Deputy Chief of Safety, "especially as the temperatures rise and the more physically demanding activities begin."

Committees will be monitoring the temperature and will alter training as necessary to keep cadets from overheating, McCluskey said. Additionally, regiment staff will be making sure cadets are eating right, getting enough rest and staying hydrated. Warrior Forge staff and cadre should also be looking out for themselves, as heat injuries are not reserved for cadets.

### Heat and exercise

The weather at Fort Lewis has been mild so far going into summer – with temperatures 5-10 degrees below last year's, according to data provided by Senior Airman Sarah Ramos at the 1st Weather Squadron here. But it's not rare for Fort Lewis to warm up out of the blue; last June brought 11 days above 80. July and August will be hotter, with days in the 90s not unusual.

Outside temperature isn't always the cause of heat injuries. During heavy exercise a person's body can generate 10 to 20 times the amount of heat it does when at rest – and exercise is kind of what Warrior Forge is all about. Getting water into your system early in

the day – before you start exercising – is essential to make sure you have plenty of fluids to lose.

### Symptoms and Treatment

Heat-related injuries are identified by three levels of severity. Heat cramps are usually the first symptom of overexposure to heat and are characterized by severe muscle cramps.

Rest and fluid intake puts a victim on the road to recovery, but must be done quickly to avoid the symptoms worsening. Take steps to cool down, like loosening clothing and drinking cool water.

Heat exhaustion typically occurs when exercise and ambient temperature conspire to cause heavy perspiration, which reduces body fluid levels. This fluid loss reduces blood flow to vital organs, resulting in a form of shock. A victim of heat exhaustion may have headaches, nausea, dizziness, skin that's cool and pale, and will most likely be sweating. Get him out of the direct sun right away, keep him cool. You may have to use a fan or wet towels. Immediate action is crucial to

prevent the condition from degrading into heat stroke.

Heat stroke kills about 500 people a year in the United States alone. When temperatures begin to rise into the 90s for prolonged periods, hundreds of people can die in just a couple of weeks.

Heat stroke occurs when the body's ability to cool itself fails. Body temperature can rise to deadly levels in a very short time. Symptoms include confusion, delirium, unconsciousness – and skin that is red, hot and dry. A heat stroke victim should be cooled quickly – but never use ice or very cold water, which can lead to thermal shock. Emergency treatment should be sought immediately.

Staying aware of your condition and keeping an eye on your Battle Buddy are essential steps in avoiding heat-related injuries.

"The goal is to reduce accidents and injuries," said Lt. Gen. Anthony Jones, Training and Doctrine Command. "Preparing for and implementing protective measures against hazards goes an enormous distance in the prevention process."





# Fitness is about more than just making the grade

By 2nd Lt. Will Brown  
Warrior Forge Public Affairs

Every day soldiers commit themselves to maintaining their warrior tasks and drills. One of the most important tasks of a soldier is to stay physically fit. On Day 3 of Warrior Forge 2005, cadets push themselves to the limit as they conquer the Army Physical Fitness Test.

The APFT measures a Soldier's strength and endurance utilizing three basic exercises: push-ups, sit-ups, and two-mile run.

The minimum score for the APFT is 180 points with at least 60 points in each of the three events. The cadets of Warrior Forge are the future leaders of the United States Army and hold themselves to a higher standard.

A good score for a cadet would be 270 points with at least 90 points in each event.

Warriors who exhibit superb physical conditioning sometimes receive scores of 300 or higher on the extended APFT scale.

Attaining a place on a sliding scale really isn't the best reason for a Soldier to be fit, however. Many of the cadets training at Fort Lewis this summer will complete the officer basic course next summer and will lead the sons and daughters of America on the field of battle shortly thereafter.

"It is extremely important for soldiers to be physically fit," said Col. Keith George, Warrior Forge Chief of Staff. "Leaders in combat zones have to make life or death choices daily for themselves and those who follow them. It is more difficult for a Soldier to make good decisions when he or she is exhausted. Being physically and mentally fit helps leaders make good decisions in stressful situations."

Warriors who meet and exceed the standard normally lead very active lifestyles outside of the military. For some cadets, exercise is an integral part of their off-duty lives.

"It is important for soldiers to stay physically fit for themselves, not just the Army," said Cadet Jacquelyn Ashford, 1st Regiment, a certified aerobics instructor who teaches several classes a week.

Cadet Joseph Dyer, 1st Regiment, is a standout football player at Bowling Green University. He lifts weights and runs at least four times a week outside of ROTC.

"Changing workouts and lifting with a dedicated partner keeps things interesting and keeps me motivated," Dyer said.

Motivation seems to be a common thread that runs through the reasons cadets exercise off duty, according to Cadet Tyler Aman, 1st Regiment.

"The key to improving physical fitness is setting goals and staying motivated. Setting personal goals makes reaping the success of those goals much more sweet," Aman said.

The U.S. Army Cadet Command takes physical fitness very seriously. Warriors who do not pass the APFT the first time are required to retake the test. Passing the APFT is a graduation requirement.

Cadets who fail the APFT after their retest will not graduate from Warrior Forge, nor complete the core requirements to earn a bar of gold on Army Green.



U.S. Army Photo by Al Zdarsky